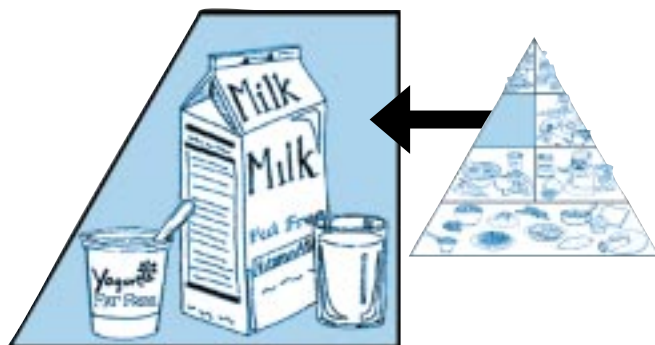


What Are Milk and Yogurt Foods?

Fat-free and low-fat milk and yogurt are healthy for everyone, including people with diabetes. Milk and yogurt give you energy, protein, calcium, vitamin A, and other vitamins and minerals.

Drink fat-free (skim or nonfat) or low-fat (1%) milk each day. Eat low-fat or fat-free yogurt. They have less total fat, saturated fat, and cholesterol.

Milk and Yogurt
(2 to 3 servings)



The number of servings you should eat each day depends on

- The calories you need.
- How you take care of your diabetes.

Note: If you are pregnant or breastfeeding, eat four to five servings of milk and yogurt each day.

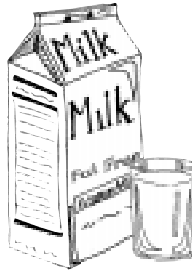
How Much Is a Serving of Milk and Yogurt?

1 Serving:



1 cup fat-free
plain yogurt

OR



1 cup
skim milk

1. Do you eat milk and yogurt? _____
2. What types of milk and yogurt do you buy?

3. Name one milk or yogurt serving you might choose for
breakfast: _____
dinner: _____
4. Write down two things you can do to buy, cook, or eat milk or yogurt in healthier ways.

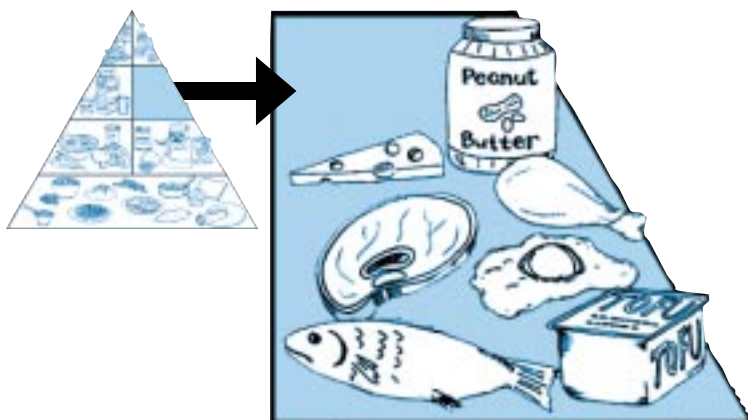


What Are Protein Foods?

Protein foods are meat, poultry, eggs, cheese, fish, and tofu. Eat small amounts of some of these foods each day.

Protein foods help your body build tissue and muscles. They also give your body vitamins and minerals.

Protein
(2 to 3 servings)



The number of servings you should eat each day depends on

- The calories you need.
- How you take care of your diabetes.

How Much Is a Serving of Protein Food?

1 Serving:



2 to 3 ounces of
cooked fish

OR



2 to 3 ounces of
cooked chicken

OR



2 ounces
of cheese

OR



4 ounces
(1/2 cup)
of tofu

The serving size you eat now may be too big.

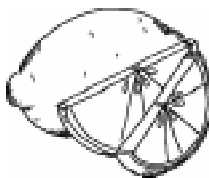
One serving should weigh between 2 and 3 ounces after cooking, about the size of a deck of cards.

What Are Healthier Ways To Buy, Cook, and Eat Protein Foods?

- Buy cuts of beef, pork, ham, and lamb that have only a little fat on them. Trim off extra fat.
- Eat chicken or turkey without the skin.
- Cook protein foods in low-fat ways:
 - Broil.
 - Grill.
 - Stir-fry.
 - Roast.
 - Steam.
 - Stew.



- To add more flavor, use vinegars, lemon juice, soy or teriyaki sauce, salsa, ketchup, barbecue sauce, and herbs and spices.
- Cook eggs with a small amount of fat.
- Eat small amounts of nuts, peanut butter, fried chicken, fish, or shellfish. They are high in fat.





1. What protein foods do you eat? _____

2. What protein foods do you like best? _____

3. What cuts of beef, pork and ham, and lamb do you buy? _____

4. How do you cook your meats, poultry, fish, and eggs? _____

5. Name one protein food serving you might choose for
lunch: _____
dinner: _____
6. Write down two things you can do to buy, cook, or eat protein foods in healthier ways.

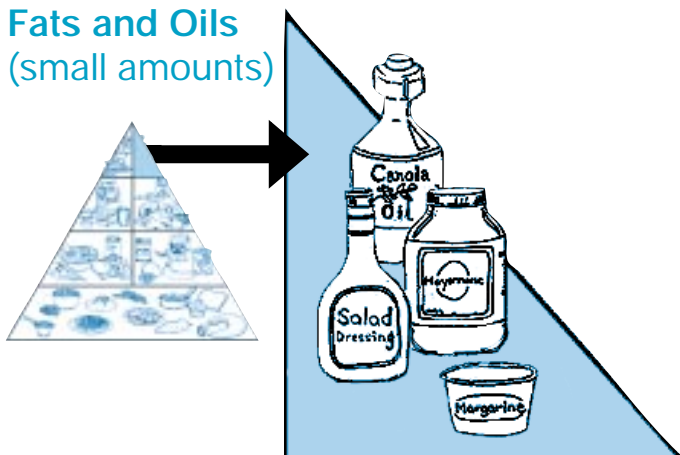
What Are Fats and Oils?

You find the fats and oils section at the tip of the pyramid. This tells you to eat small amounts of fats and oils because they have lots of calories. Some fats and oils also contain saturated fats and cholesterol that are not good for you.

You also get fat from other foods such as meats and some dairy foods.

High-fat food is tempting. But eating small amounts of high-fat food will help you lose weight, keep your blood sugar and blood fats under control, and lower your blood pressure.

Fats and Oils
(small amounts)



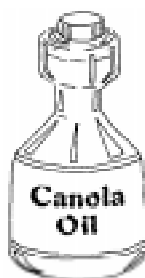
How Much Is a Serving of Fat or Oil?

1 Serving:



1 strip of bacon

OR



1 teaspoon oil

2 Servings:



1 tablespoon
regular salad dressing

OR



2 tablespoons
light salad dressing

+



1 tablespoon
light mayonnaise

Your meals may include one or two servings of fat.



1. What high-fat foods do you eat? _____

2. What fats do you use when you cook? _____

3. What fats do you use on foods when you eat them? _____

4. What two changes can you make to buy lower fat foods? _____

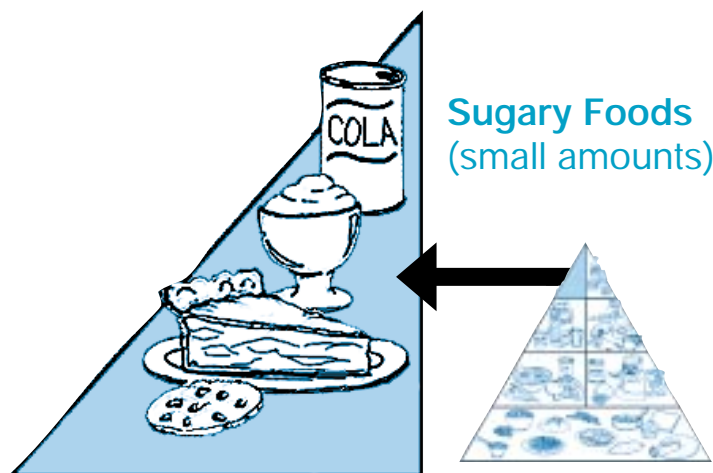
5. Name one fat or oil serving you might choose for
lunch: _____
dinner: _____
6. Write down two things you can do to buy, cook, or eat less fat. _____

What Are Sugary Foods?

You find the sugary foods and sweets section at the tip of the pyramid. This tells you to eat small amounts of sugary foods.

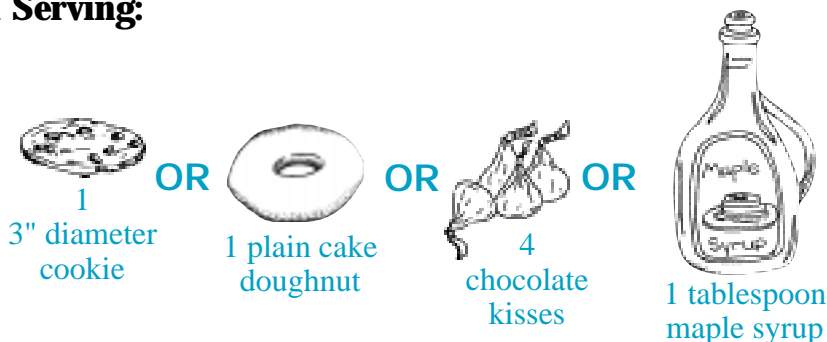
Sugary foods have calories and do not have much nutrition. Sugary foods have lots of calories. Some sugary foods are also high in fat—like cakes, pies, and cookies. They also may contain saturated fats and cholesterol.

Sugary foods and sweets are tempting. But eating small amounts of sugary foods will help you lose weight, keep your blood sugar under control, control your blood fats, and lower your blood pressure.



How Much Is a Serving of Sugary Foods and Sweets?

1 Serving:



Once in a while you can eat a serving of a sugary food. Talk to your diabetes teacher about how to fit sugary foods into your meal plan.



1. What sugary foods do you eat?

2. What are your favorite sugary foods?

3. What two changes can you make to eat fewer sugary foods?

How Can I Satisfy My Sweet Tooth?

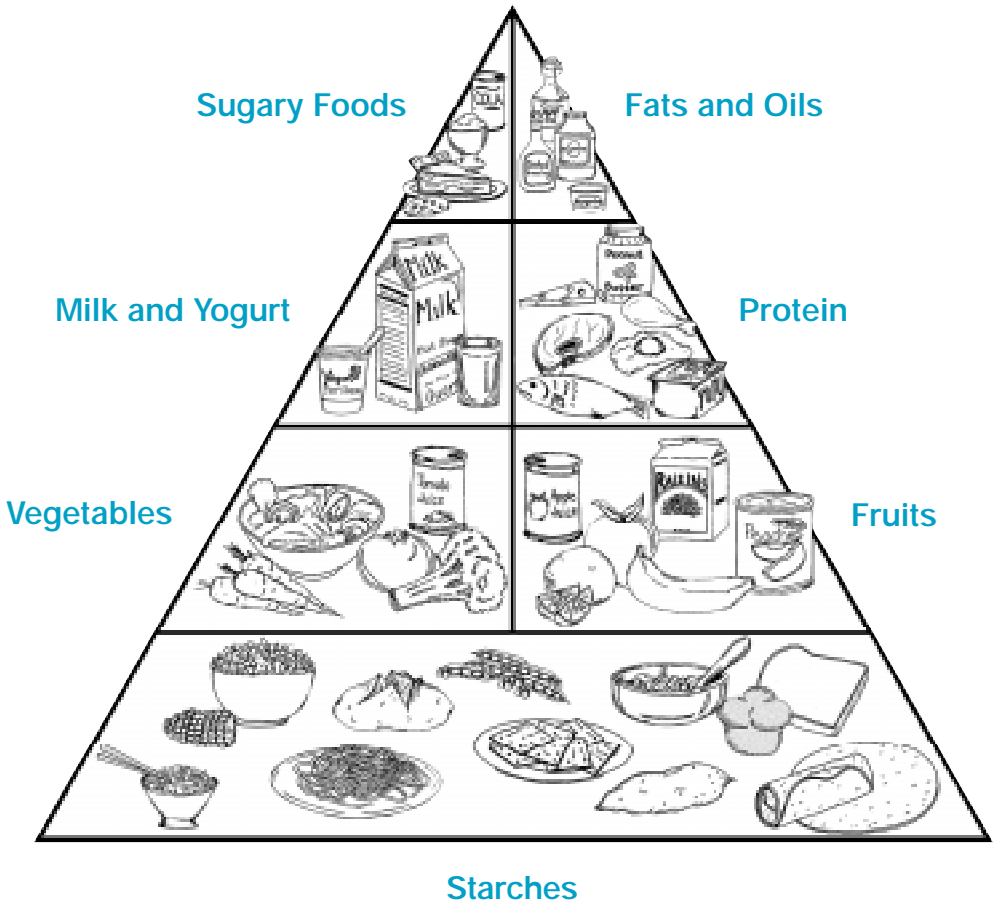
Eat a serving of sugar-free popsicles, diet soda, fat-free ice cream or yogurt, or sugar-free hot cocoa mix once in a while.



Remember, fat-free and low-sugar foods still have some calories. Eat them as part of your meal plan.



The Food Pyramid



Points To Remember

To follow a healthy eating plan

- Choose foods from all six food groups each day.
- Eat a wide variety of foods from each group to get all your vitamins and minerals.
- Eat enough starches, vegetables, fruits, and low-fat milk and yogurt.
- Eat smaller amounts of lower fat protein foods.
- Eat fewer fats, oils, and sugary foods.

How To Find More Help

Diabetes Teachers (nurses, dietitians, pharmacists, and other health professionals)

- To find a diabetes teacher near you, call the American Association of Diabetes Educators toll-free at 1-800-TEAMUP4 (1-800-832-6874).

Recognized Diabetes Education Programs
(teaching programs approved by the American Diabetes Association)

- To find a program near you, call 1-800-DIABETES (1-800-342-2383) or look at its Internet home page < <http://www.diabetes.org> > and click on “Diabetes Info.”

Dietitians

- To find a dietitian near you, call The American Dietetic Association’s National Center for Nutrition and Dietetics at 1-800-366-1655 or look at its Internet home page < <http://www.eatright.org> > and click on “Find a Dietitian.”



Acknowledgments

The individuals listed here provided editorial guidance or facilitated field testing for this publication. The National Diabetes Information Clearinghouse would like to thank these individuals for their contributions.

American Association
of Diabetes
Educators
Chicago, IL

Shelly Amos, L.R.D.
Nez Percé Nutrition
Lapwai, ID

Noreen Cohen,
M.S., R.D., L.D.
Humana Health
Care Plans
San Antonio, TX

Paula Dubcak,
R.N., C.D.E.
Humana Health
Care Plans
San Antonio, TX

Lois Exelbert,
R.N., M.S.,
C.D.E., A.C.C.E.
Joslin Center
for Diabetes
Baptist Hospital
of Miami
Miami, FL

Ruth Farkas-Hirsch,
R.N., M.S., C.D.E.
(on behalf of American
Diabetes Association)
University of
Washington,
Diabetes Care Center
Seattle, WA

Lawana Geren,
R.N., C.D.E.
Humana Health
Care Plans
San Antonio, TX

Gwen Hosey,
M.S., A.N.P., C.D.E.
IHS Portland Area
Diabetes Program
at Washington
Bellingham, WA

Joslin Center
for Diabetes
Community
Medical Center
Toms River, NJ

Melinda Maryniuk,
M.Ed., R.D., C.D.E.
Joslin Diabetes Center
Boston, MA

Pat Mathis,
M.S., R.N., C.D.E.
Marianne Sack,
R.N., C.D.E.
So Others Might Eat
Washington, DC

Kathy O'Keeffe, M.S.,
R.D., L.D., C.D.E.
Carolina Diabetes
and Kidney Center
Sumter, SC

Carolyn Ross,
R.D., M.S., C.D.E.
PHS Indian Hospital
Cass Lake, MN

Lisa Spence, M.S.
Purdue University
West Lafayette, IN

Judy Tomassene,
M.P.H., M.S., R.D.
Seattle Indian
Health Board
Seattle, WA

Madelyn L. Wheeler,
M.S., R.D.,
F.A.D.A., C.D.E.
Indiana University
School of Medicine
Diabetes Research
and Training Center
Indianapolis, IN

National Diabetes Information Clearinghouse

1 Information Way
Bethesda, MD 20892-3560
Tel: (301) 654-3327
Fax: (301) 907-8906
E-mail: ndic@info.niddk.nih.gov

The National Diabetes Information Clearinghouse (NDIC) is a service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). NIDDK is part of the National Institutes of Health under the U.S. Public Health Service. Established in 1978, the clearinghouse provides information about diabetes to people with diabetes and to their families, health care professionals, and the public. NDIC answers inquiries; develops, reviews, and distributes publications; and works closely with professional and patient organizations and Government agencies to coordinate resources about diabetes.

Publications produced by the clearinghouse are carefully reviewed for scientific accuracy, content, and readability.

This publication is not copyrighted. The clearinghouse encourages users of this booklet to duplicate and distribute as many copies as desired.

This publication is also available under
“Health Information” at [<http://www.niddk.nih.gov>](http://www.niddk.nih.gov).



U.S. DEPARTMENT OF HEALTH
AND HUMAN SERVICES
Public Health Service
National Institutes of Health



NIDDK

National Institute of Diabetes and
Digestive and Kidney Diseases

NIH Publication No. 98-4192
November 1997